

Taking Charge to Promote Wellness

- Lauren Spiro, MA,
SAMHSA 10x10 Wellness
Campaign

Sherry J. Tucker, CPS, ITE,
MA, Executive Director,
Georgia Mental Health
Consumer Network

- Peggy Swarbrick, PhD,
OT, CPRP, CSPNJ &
UMDNJ

Charles B. Willis, CPS,
CPRP, ITE, Project
Director, Georgia Mental
Health Consumer
Network



Expanding Knowledge & Creating Wellness In Your Life and In Your Community



Wellness in a Social Inclusion Context

Social Inclusion/ Social Exclusion

- **Dynamics of social systems that allow certain groups of people to be marginalized and to experience high unemployment, poverty, low education, homelessness, poor health outcomes, early mortality, and social inequity.**
- **Emotional distress needs to be understood less in terms of individual pathology and more as a response to relative deprivation and social injustice, which erode the emotional, spiritual and intellectual resources essential to psychological wellbeing.**

Chris Marshall (personal communication, 2010)

Wellness in a Social Inclusion Context

- **The WHO (2009) described the social determinants of health as the conditions in which people –are born, grow, live, work and age” and which –are shaped by the distribution of money, power and resources at global, national and local levels”. According to the WHO, these conditions are influenced by policy choices and are primarily responsible for disparities in health.**

Shocking, Unacceptable Health Data

- **Compared to the general population, persons diagnosed with major mental illness typically lose decades of normal life span (Colton & Manderscheid, 2006)**
- **More than half of adults diagnosed with severe mental illness in public mental health systems experience co-occurring substance use disorders (SAMHSA, 2003)**

Knowledge to Action to Wellness

- **Premature death is largely due to preventable medical conditions:**
 - **metabolic disorders, cardiovascular disease, diabetes mellitus**
 - **modifiable risk factors (obesity, smoking)**
 - **epidemics within epidemics (e.g., diabetes, obesity)**
 - **some psychiatric medications contribute to risk**

Courtesy Joe Parks, M.D.

Morbidity and Mortality in People with Serious Mental Illness:

http://www.nasmhpd.org/general_files/publications/med_directors_pubs/Mortality%20and%20Morbidity%20Final%20Rport%208.18.08.pdf

High-Level Wellness

- **Importance of mind/body/spirit connections**
- **Wellness is not the absence of disease, illness, and stress, but the presence of:**
 - **purpose in life**
 - **active involvement in satisfying work and play**
 - **joyful relationships**
 - **a healthy body and living environment**
 - **happiness**

Dunn, H.L. (1961). *High-Level Wellness*. Arlington, VA: Beatty Press.

Dunn, H.L. (1977). What high level wellness means. *Health Values* 1(1), 9-16.

Wellness

- **Wellness is a conscious, deliberate process that requires awareness of and making choices for a more satisfying *lifestyle*.**
- **Wellness is *self defined* because everyone has individual *needs and preferences*, and the *balance may vary from person to person*.**

SAMHSA's Response

- **Sept. 2007 SAMHSA Wellness Summit**
- **Broad approach promoting social inclusion and wellness**
- **Developed a National Wellness Action Plan**
- **Partnership with the FDA Office of Women's Health (OWH)**

Vision and the Pledge for Wellness

We envision: a future in which people with mental health problems pursue optimal health, happiness, recovery, and a full and satisfying life in the community via access to a range of effective services, supports, and resources

We pledge: to promote wellness for people with mental health problems by taking action to prevent and reduce early mortality by 10 years over the next 10 years

10x10 Wellness Campaign Objectives

- ✓ **raise awareness of the early mortality rate of people with mental health problems**
- ✓ **increase understanding of the causes and prevention of early mortality**
- ✓ **motivate action to reduce early mortality (individual and public health perspective)**

Context of the Wellness Challenge

- **People with mental health problems are vulnerable to early mortality due to:**
 - **modifiable risk factors (obesity, smoking)**
 - **poverty, homelessness, unemployment, and social isolation**
 - **impact of psychopharmaceuticals**
 - **access to health care—getting into care and getting the right care**
 - **hopelessness/learned helplessness/trauma**

Core Principles of Trauma Informed Care

- **Safety (physical and emotional)**
- **Trustworthiness**
- **Choice**
- **Collaboration**
- **Empowerment**

CMHS/SAMHSA National Wellness Action Plan—Immediate Actions

- **Effective Practices and Policies**
 - centralized Web-based resource on wellness
 - grant program addressing early childhood wellness to demonstrate effective approaches
- **Training and Education**
 - practice guidelines and related info for providers (e.g., consensus definition & 10 components of recovery)
 - self-management info for consumers
- **Data and Surveillance**
 - analysis of existing data measures, gap analysis, and centralized data repository
 - Behavioral Risk Factor Surveillance System data collection and analysis

CMHS/SAMHSA National Wellness Action Plan—Mid-term

- **Effective Practices and Policies**
 - collaborate with State systems and others to identify and implement effective integrated care strategies
 - promote consumer leadership
- **Training and Education**
 - self-management, shared decision-making, and person-centered planning tools
 - community prevention and social marketing efforts—
Campaign for Mental Health Recovery
- **Data and Surveillance**
 - examine SAMHSA National Outcome Measures ability to address mortality

CMHS/SAMHSA National Wellness Action Plan—Long-range

- **Effective Practices and Policies**
 - improve financing policies to promote wellness, recovery, and adoption of self-directed care
- **Training and Education**
 - engage and impact academic training curricula and accreditation bodies to include wellness approaches and standards (e.g., Recovery To Practice)
- **Data and Surveillance**
 - collaborate with Federal partners to develop mortality data reporting

10x10 Campaign Activities

- **12-member Steering Committee representing consumers, providers, and researchers**
- **Free bimonthly training teleconferences**
 - Recent topics: Focus on Wellness; New Frontiers in Smoking Cessation, & Safe Medication Use.
 - Upcoming topics: Tracking Wellness Measures, Prevention and Holistic Approaches to Wellness
 - Past teleconferences are archived on the 10x10 Web site
- **Quarterly information updates – hot topics, news of interest, resources**
- **Education materials**
- **Web site: <http://www.10x10.samhsa.gov>**

FDA OWH Campaign Role

- **Free, award-winning health information:**
 - focus group-tested
 - multiple languages
- **Content for social media and educational activities**
- **Access to Web-based information at <http://www.fda.gov/womens>**
- **Training teleconference for health care providers serving special populations with chronic illness/conditions**

Contact information

Lauren Spiro, M.A.
SAMHSA 10x10 Wellness Campaign
202-248-5469
lspiro@vancomm.com

web: www.10x10.samhsa.gov



246 Sycamore Street, Suite 260, Decatur, GA 30030
404.687.9487 office@gmhcn.org www.gmhcn.org

Georgia Mental Health Consumer Network

Peer Support Whole Health Initiative

Executive Director

Sherry J. Tucker, CPS, ITE, MA

Project Director

Charles B. Willis, CPS, CPRP, ITE

Georgia Mental Health Consumer Network

Partnership with Georgia's Department of
Behavioral Health and Developmental
Disabilities

Statewide Consumer Networking Grants –
SAMHSA's Center for Mental Health Services

Partnership with DBHDD

- Statewide Annual Conference
- CPS Project
- WRAP & WRAP for Work
- Statewide Peer Wellness Initiative
- Peer Support and Wellness Center
- TTI

Statewide Consumer Networking Grants

- Certified Peer Specialist Training
- Self Directed Recovery Project
- Statewide Peer Wellness Initiative
- Georgia Peer Support Resiliency
Project

Statewide Peer Wellness Initiative

- 10 x 10 Campaign
- WRAP
- **Wellness Tools**
 - ✓ BHI Relaxation Response
 - ✓ Healthy Diet
 - ✓ Exercise
 - ✓ Positive Imaging
 - ✓ Smoking Cessation
- Action Planning
- Self Advocacy for Whole Health
- Psychiatric Advance Directives

High Level Wellness-

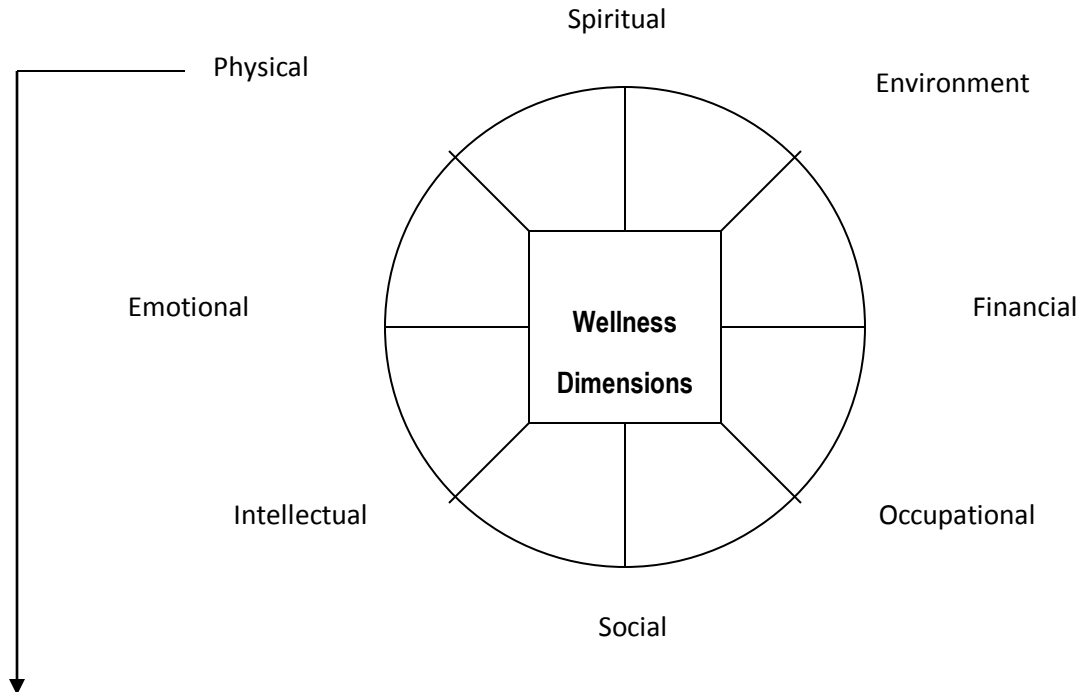
- importance of mind/body/spirit connections, the need for satisfactions and valued purposes, and a view of health as more than non-illness.

Wellness is not the absence of disease, illness, and stress but the presence of:

- Purpose in life,
- Active involvement in satisfying work and play,
- Joyful relationships,
- A healthy body and living environment, and
- Presence of happiness

- Dunn, H.L. (1961). High-Level Wellness. Arlington, VA: Beatty Press;
- Dunn, H.L. (1977). What High Level Wellness Means. Health Values, 1(1), 9-16.

Wellness Dimensions



Physical dimension examples: Access to Medical care, screenings and preventative care, level of physical activity, sleep/rest, nutrition, activities that are relaxing, self care practices and routines

Swarbrick, M. (March 1997). A wellness model for clients. *Mental Health Special Interest Section Quarterly*, 20, 1-4.

Swarbrick, M. (2006). A wellness approach. *Psychiatric Rehabilitation Journal*, 29, (4) 311- 314.

Swarbrick, M. (2009). A wellness and recovery model for state hospitals. *Occupational Therapy in Mental Health*, (25), 343-351.




Wellness Dimensions

	Strengths	Needs	Goals
Physical			
Exercise/Activity			
Nutrition			
Relaxation			
Medical Self Care			
Screenings			
Routines and Habits			
Sleep/Rest			

Think Globally. Act Locally



Taking Action

-  Define wellness.
-  Examine your *commitment- attitude, behavior, personal routines and practices*
-  Be aware of how our environments & supporters support wellness thinking & behaviors.

Local Impacts

Policies, Procedures

Services

Behaviors

Action

- **Act** as if what you do makes a difference. It does.
- ~ William James
- Success is a journey, not a destination. The **doing** is often more important than the outcome.
- ~ Arthur Ashe

Collection Action

- A small body of determined spirits fired by an unquenchable faith in their mission can alter the course of history.
- - Mohandas K. Gandhi






Open Attitude



An open attitude. Shift from a narrow, problem centered focus to one that is holistic.

Taking Action

-  Examine how the people you work with define wellness.
-  Be aware of the culture where you work, live or learn. Sometime it does not support wellness thinking/behaviors.
-  Think about what you can do to role model or gain support from others in your working environments.

Contact Information

- Peggy Swarbrick, PhD., OT, CPRP
 - Collaborative Support Programs of New Jersey (CSPNJ), Institute for Wellness and Recovery Initiatives;
 - University of Medicine and Dentistry, School of Health Related Professions, Department of Psychiatric Rehabilitation and Counseling Professions

pswarbrick@cspnj.org